

**From:** [Benefits@vbschools.com](mailto:Benefits@vbschools.com)  
**Subject:** 2Q Retiree Newsletter is here! Plus the 2Q BEAT is available!  
**Date:** Friday, April 1, 2022 10:03:12 AM

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Quarter 2 ————— April - June 2022

[Check out the 2Q BEAT here!](#)



### DO YOU NEED TO UPDATE YOUR INFORMATION?

It is important to be sure that our office has the correct contact information, including a valid email address, on file for you. This ensures that you receive all communications, reminders, and announcements our office sends throughout the year. For example, each year we send Open Enrollment communications alerting you to the deadlines and benefit plan changes – you don't want to miss out! Benefit plan vendors also use the information we have on file to contact you.

Please take time to update your information. Log in to the Benefitfocus platform at [vbgov.com/benefits/enroll](http://vbgov.com/benefits/enroll) and access your profile to update your email or download the [Retiree Name & Contact Change Packet](#) from the Retired Employees page on [vbgov.com/benefits](http://vbgov.com/benefits) (Forms tab).

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## HAS YOUR LIFE CHANGED? BE SURE TO UPDATE YOUR BENEFICIARIES

Update whenever you experience a life event, such as marriage or divorce, have children, etc. You have control and can name one or more people as your beneficiary, or even name a trust that you've set up, your estate, or a charity.

Use this plan checklist to log in to each benefit account and update your beneficiaries:

- [HealthEquity](#) Health Savings Account
- Virginia Retirement System (VRS) benefits:
  - Defined Benefit, Basic & Optional Life Insurance: [Log in](#) to your account and update.
  - Hybrid Defined Contribution: [Log in](#) to your account and update.
- [MissionSquare Retirement: Commonwealth of Virginia 457](#) Deferred Compensation Plan (COV 457)
- [Voya](#) VBCPS 403(b) Retirement Savings Plan



## ENROLLED IN AN OPTIMA HEALTH PLAN? **THERE ARE THREE EASY WAYS TO FILL YOUR PRESCRIPTIONS!**

Your plan includes several helpful tools and resources, including significant prescription drug benefits that allow you to have certain medications and supplies delivered right to your home! For more information on your plan offerings, visit [vbgov.com/benefits](http://vbgov.com/benefits), select Retired Employees and click on the 2022 Retiree Benefits Guide.

1. **At a Participating Pharmacy** – You can fill your prescriptions with any of the participating pharmacies in Optima's large network. However, your prescription coverage has preferred pharmacies (Walgreens, Walmart, and Sam's Club) where you can save money while filling your prescriptions and you're able to get a 90-day supply at these locations (up to a day supply at all other participating pharmacies).
2. **OptumRx Home Delivery** – This is a great option for maintenance medications you may be on such as high-blood pressure, cholesterol, etc. By signing up, you will get them delivered right to your mailbox, medication could cost less, and you will receive reminders, so you remember to refill. To learn more, visit [optimahealth.com/members](http://optimahealth.com/members) or call OptumRx home delivery at 866.244.9113.
3. **Specialty Drug Pharmacy: Proprium** – If you need specialty medications or supplies, your doctor will help you get started with Proprium. You can get home delivery for a day supply of specialty medication, such as injectables, and receive personalized assistance.

For more information, download the Optima Health app to manage your prescription benefit or sign in to your account on [optimahealth.com](http://optimahealth.com) and click on Pharmacy Resources.

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## HEALTH INSURANCE CREDIT

Retirees formerly working in Food Services, Transportation, and/or Maintenance departments since 07/01/2021 are now eligible for the Health Insurance Credit.

If you retired with at least 15 years of service with VRS, you may be eligible for a health insurance credit that provides you with a reimbursement to assist with the cost of your health insurance premiums.

- If your premiums are being deducted from your VRS pension checks, you will receive this credit automatically.
- If you are paying by direct pay or have another health or dental plan not with Virginia Beach complete the [Request for Health Insurance Credit VRS-45](#) and send to directly VRS.

If you have questions regarding the Health Insurance Credit Form, you can contact VRS at 1.888.827.3847.

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## ATTENTION SCHOOL RETIREES: INFORMATION ON 403(b) ACCOUNTS AND [PLANWITHEASE.COM](#)

Virginia Beach City Public Schools (VBCPS), in partnership with Voya Retirement Insurance and Annuity Company, utilizes [planwithease.com](#) (PWE) to provide plan administration for the review and approval of transactions with VBCPS 403(b) participant accounts in accordance with IRS regulations.

For assistance with [planwithease.com](#), contact their customer service associates at 855.464.6928 or [customerservice@planwithease.com](mailto:customerservice@planwithease.com).

To speak with a local Voya Education Specialist, visit [VBCPS403b.beready2retire.com](#) and under Message Center, select to schedule an appointment.



EXPLORE THE CBO AT [VBGOV.COM/BENEFITS!](#)

- ACCESS EVERYTHING ABOUT YOUR BENEFITS AT [VBGOV.COM/BENEFITS](http://VBGOV.COM/BENEFITS)! Want to know about our upcoming events? Find it on the Events page. Visit the Retired Employees page to review benefit plan documents, office forms, newsletters, announcements, and more.
- EMPLOYEE BENEFIT SUMMARY REPORT. Go to [vbgov.com/benefits/enroll](http://vbgov.com/benefits/enroll) and log in to the enrollment platform. From there, you can update dependent information, review and print your benefit summary report, and make election changes when you experience a qualifying life event.
- ACCESS YOUR BEWELL PROGRAM. If you are enrolled in the Optima Health plan through City or Schools, you're eligible to participate in the Beach Employee Wellness (BEWell) program. BEWell makes participating in healthy behaviors and activities easy – and you can earn rewards for participating! Go to [vbgov.com/benefits](http://vbgov.com/benefits) and access the BEWell page for the link to join or access your account any time. From here, you can also view the BEWell Guide, BEWell BEAT newsletters, and electronic screening forms.

**BECOMING MEDICARE ELIGIBLE SOON? REVIEW PAGES [25 & 26 OF THE RETIREE BENEFITS GUIDE FOR INFORMATION AND RESOURCES AVAILABLE TO YOU.](#)**

## Calendar

### Upcoming Office Closures

- **Spring Break | Monday, April 11 –Friday, April 15**

Limited staff will be available to respond to calls and emails April 11 - 13, 2022. CBO will be closed April 14 - 15. Please leave a message on the CBO Main Office voicemail at 757.263.1060 or email [Benefits@vbschools.com](mailto:Benefits@vbschools.com).

The CBO Drop Box is located outside of Plaza Annex, Suite 100 – it's secure and available 24/7 for submission of documents. Documents submitted to the Drop Box will be retrieved and processed after Spring Break.

- **Memorial Day | Monday, May 30**
- **Juneteenth Observance | Monday, June 20**
- **Summer Hours**

The Benefits Office and BEWell program observe Virginia Beach City Public Schools' summer hours, generally occurring from mid-June until mid-August each year. During summer hours, our office is open for operations 7:00 a.m. – 5:30 p.m. Monday – Thursday and is closed Fridays. At the time this document was published, specific dates had not been announced. Refer to the Benefits Office and BEWell site for updates.



May					2022	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN	
25 April	26	27	28	29	30 1 May	
2	3	4	5	6	7/8	
9	10	11	12	13	14/15	
16	17	18	19	20	21/22	
23	24	25	26	27	28/29	
30 Memorial Day   CBO Closed	31	1 June	2	3	4/5	

June					2022	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN	
30 May	31	1 June	2	3	4/5	
6	7	8	9	10	11/12	
13	14	15	16	17	18/19	
20 Juneteenth Observance   CBO Closed	21	22	23	24	25/26	
27	28	29	30	1 July	2/3	
4	5	6	7	8	9/10	

## Vendor Information

### Contact Our Vendors

#### Optima Health

Phone: 757.687.6141  
 Website: [optimahealth.com](http://optimahealth.com)  
 App: Optima Health

#### HealthEquity (Health Savings Account)

Phone: 866.346.5800  
 Website: [healthequity.com](http://healthequity.com)  
 App: HealthEquity

#### Via Benefits

Phone: 833.963.1232 (TTY:711)  
 Website: [my.viabenefits.com/vabeach](http://my.viabenefits.com/vabeach)

#### MetLife Dental

Phone: 800.942.0854  
 Website: [metlife.com/dental](http://metlife.com/dental)  
 App: MetLife US

#### EyeMed Vision Care

Phone: 866.939.3633  
 Website: [eyemed.com](http://eyemed.com)  
 App: EyeMed

#### Virgin Pulse

Phone: 888.671.9395  
 Website: [member.virginpulse.com](http://member.virginpulse.com)  
 App: Virgin Pulse

#### BenefitFocus

Website: [vbov.com/benefits/enroll](http://vbov.com/benefits/enroll)  
 App: Benefitplace



**Contact the Consolidated Benefits Office**

Phone **757.263.1060**

Fax **757.263.1123**

Email [Benefits@vbschools.com](mailto:Benefits@vbschools.com)

Web Access [vbgov.com/benefits](http://vbgov.com/benefits)

Drop Box **641 Carriage Hill Road, Suite 100, Virginia Beach, VA 23452**

Mailing Address **2512 George Mason Drive, Virginia Beach, VA 23456**

The Benefits Office has been providing important updates regarding COVID-19 and benefit information via emails. All information previously communicated and other important updates are included in the COVID-19 Updates from the Consolidated Benefits Office [web-accessible resource document](#). Access this document by visiting [this PDF](#).